



PART 4: HOW TO FORGIVE

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WARM UP QUESTION: How do you respond when you are offended?

READ: Genesis 50:15-21

FOCUS: We forgive through the power of the cross and when we have a greater understanding of God's sovereignty and authority in our circumstances.

OBSERVE:

- **Regain trust with time.**
 - Joseph tested his brothers to see if they had changed
 - Perceive where people are at in their lives
- **Relieve emotions in a Godly and healthy way.**
 - Joseph wept (Genesis 42:24, 43:30, 45:1-2)
 - We can by:
 - To God in prayer
 - Talking with mature leaders/mentors
 - Christian Therapists
 - Life Groups- Cleansing Stream
- **Release judgment by trusting God's authority.**
 - Joseph allowed God to move in his brothers' lives and change their hearts. (Genesis 45:1-11, 14)
 - Releasing judgement makes us empathetic and safeguards us.
- **Recognize God's sovereignty and how He worked in situations**
 - Joseph understood that God used his suffering to save many people. (Genesis 50:19)
 - Acknowledge God's authority in all circumstances

REFLECT:

- How can you regain trust after an offense?
- What are godly ways you have found to express your emotions after offense or trauma?
- What obstacles do you face in releasing those who have offended you to God's judgement and trusting His sovereignty?

TAKE ACTION:

- Take time to be alone and ask God to remind you of people you have not forgiven for causing you pain.
- Pray for greater understanding of God's presence with you in this situation.
- Practice the four steps of this lesson. Reach out to trusted people to help you process.

PRAY: *Father, show me anyone who I have not forgiven. I trust that You were with me in this situation and that You can bring something good out of something bad. Help me to regain trust, relieve my emotions, release judgment to You and see Your authority over all things. Thank You for Jesus's sacrifice that took the punishment for all offense and all sins. Because You have forgiven me, I can forgive others. Amen*

